

# Low-Fat Ham and Potato Soup

Prep: 10 minutes | Cook: 30 minutes | Total: 40 minutes

Yield: 6 servings | Serving Size: 1 cup

## Ingredients

1 medium white onion, chopped  
3 medium russet potatoes, chopped  
4 stalks celery, chopped  
1 cup carrots, peeled and chopped  
4c unsalted chicken stock  
1 Tablespoon garlic powder  
2 Tablespoons oregano  
2 teaspoons black pepper  
1 Tablespoon turmeric  
1/3c skim milk  
6oz ham steak, diced  
3c no salt added green beans

## Directions

1. Chop onion, potatoes, celery and carrots. Place in large pot. Add unsalted chicken stock, garlic powder, oregano, pepper and turmeric. Bring to a boil.
2. Boil for 20 minutes or until potatoes are soft.
3. Remove 1/2-1c potatoes and place in a bowl with skim milk. Use immersion blender to create a thickener.
4. Add thickener, ham and green beans to the soup. Bring to a boil and heat for about 5 minutes, stirring periodically.
5. Serve hot.

**Nutrition Facts Per Serving: 1 cup Calories: 164 | Total Fat: 2g |  
Saturated Fat: 0.5g | Sodium: 475mg | Total Carbohydrate: 25.5g |  
Dietary Fiber: 6g | Protein: 12g**

For more recipes, please visit [www.nutrition.va.gov](http://www.nutrition.va.gov)



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